



SUICIDE PREVENTION

YOU ARE NEVER ALONE.

WE CARE, JUST CALL.

Suicide is a major, preventable public health problem. Currently, it's the 11th leading cause of death among Americans. For every suicide death, it's estimated that 12 to 25 suicide attempts occur.¹ This means that suicide deaths are only part of the problem. More people survive suicide attempts than actually die, which often leaves them seriously injured and in need of medical care.

By definition, suicide is fatal. Those who attempt suicide and survive can be left with serious injuries such as broken bones, brain damage, organ failure, and permanent physical disability. Suicide affects one's family and community and leaves feelings of despair, grief and anger.

RISK FACTORS

Men are 4 times more likely than women to die from suicide. However, 3 times more women than men report attempting suicide. Additionally, suicide rates are high among young people and those over the age of 65.²

Several factors can put a person at risk for attempting or committing suicide. Having these factors, however, doesn't always mean that suicide will occur.

- Prior suicide attempt
- Family history of depression or other mental illness
- Alcohol or other substance abuse
- Family history of suicide
- Family violence, including physical or sexual abuse
- Firearms in the home, the method used in more than half of suicides





WARNING SIGNS

Thinking about suicide and making suicide plans are the most serious signs and require immediate assistance. These include:

- Talking about, threatening, or wanting to hurt/kill self
- Obtaining means to kill/hurt self (e.g., obtaining firearm, pills)
- Conveying thoughts of death (e.g., such as “others being better off without me,” “never wanting to wake up again”)

Additional warning signs include:

- Increase in alcohol or other substance use
- Hopelessness – doesn’t see how the situation will change
- Helplessness - feeling trapped, “there is no way out of this”
- Worthlessness - feeling that he/she is not valued, “no one would miss me”
- Withdrawal from hobbies, family, friends, job
- Irritability, anger

ACTION STEPS

If you are experiencing any of these signs or symptoms, please seek help. If someone you know is experiencing these symptoms, please offer help. If you think someone is suicidal, do not leave them alone. Try to get the individual to seek immediate help from a doctor, the nearest hospital emergency room, mental health professional, or call 911. Eliminate access to firearms or other potential tools for suicide, including unsupervised access to medications.

**If you are in crisis and need help right away:
Call 1-800-222-0364 or (888) 262-7848 (TTY).**

The Employee Assistance Program (EAP) is available all day, everyday. You may call for yourself or for someone you care about. You are never alone.

WE CARE, JUST CALL

1 Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS): www.cdc.gov/ncipc/wisqars.

2 Krug, EG, Dahlberg LL, Mercy JA, Zqi AB, Lozano R, editors. World report on violence and health [serial online]. 2004 May. [cited 2006, Aug 9]. Available from: URL: www.who.int/violence_injury_prevention/violence/world_report/wrvh1/en.